**How to Survive Soccer**

**By: Ethan**

***Materials***

*1.) Lewis and Clark Soccer Field*

*2.) Soccer Ball*

*3.) Friends (or enemies)*

Yo, if you are new to Lewis and Clark School and you want to **survive** soccer this is how, because believe me our soccer has it’s differences and I mean **BIG** differences.

**SET UP:**

1. Go to the field and get the ball and divide into teams.

**RULES:**

1. You can’t touch the ball, so drop the ball! The, see those big nets at the end of the field? Well those are the goals. Each team is trying to get to the goal in front of them.

**MOVES:**

1. There is a move called the pass, all you have to do is kick the ball to one of your teammates. Now to talk about tripping, this is a move that you shouldn’t do but to avoid it read Step 4: Tripping.
2. In Lewis and Clark soccer kids trip **a lot** stay away from the enemies and pass to a teammate instead of trying to be the hero.

**Positions:**

1. There are three positions in soccer; offense, defense and goalie (goal keeper). Offense people are the people who try to score the foals. Defense tries to make sure the enemy doesn’t get close to the goal. The goalie stays in a square at the end of the field called the goalie box and they can’t get out. And if the enemy shoots at the goal, the goalie tries to block it.

**HOW TO BE FRIENDS WITH THE TEACHER**

**By: Isabella**

*You will need:*

*-Your teacher*

*-Good manners*

Are you a beginner at Lewis and Clark School? 1st, 2nd, 3rd, 4th, 5th, and Kindergarten you can still be friends with your teacher. No matter size or age or race.

Here’s how:

Step 1) Start with greeting your teacher every day.

Step 2) Never ever, ever, ever disturb class.

Step 3) When it is time to leave class say, “Good bye” and walk quietly down the hall.

Keep this up for the rest of the school years and every teacher will wish they had you!

**How to Make Friends!**

**By: Justice**

If you are new to this school and you want a friend follow the rules:

1. When you go to your classroom on the first day of school you will probably by shy but this is ok because the next day you might not be so shy and might have the courage to go say “Hi” and “Do you want to play?” And they might say no but that is ok because you can keep trying to ask other kids if they want to play!

Congratulations! Now you have a best friend forever! ☺ ☺ ☺ ☺ ☺ ☺

**How to Play Four Square**

**By: Keith**

Materials:

* 1 ball
* a least 3 Friends
* one piece of Chalk

**Before we play lets tell you the rules:**

1. You can only hit **“underhand.”**
2. If it goes out of the whole square you’re **“out.”**
3. If you get **“out,”** go to the end of the line or if you are only 4 players get in 4th.
4. Don’t let it bounce **two times** or you’re **“out!”**

**Steps:**

1. Draw 1 gigantic square
2. Draw 4 smaller squares in the big square like this
3. Serve the ball (let it bounce once and then hit it) to a square.
4. Keep hitting the call until someone gets **“out!”**

**Warning: If you hit the ball before it bounces once in your**

**Square you’re OUT!!**

**How to Walk in the Hall**

**By: Loklin**

Materials:

-Hallway

This is how to walk in the hallway without getting in trouble.

**Steps:**

1. Start in the hallway
2. Start to walk in the hallway (to walk put one foot in front of the other and repeat).
3. Keep your mouth closed and don’t run.
4. Do not touch anything with your hands.

**Top Tip: DO NOT run,** and don’t even think of running when you pass the Principals Office

**Warning:**

Walk slowly with snow on your feet!!!

Yay! Now you know how to walk in the hall!!

**How to get to the ODC**

**By: Aidan**

***Materials:*** *A teacher that knows the ODC rules.*

If you want an adventure you just follow these **rules**:

1. Start at the office
2. Go south and then go down the hall toward the kindergarten rooms.
3. Go out the side door and turn right.
4. Good job! You are there.

Now you are ready to explore the Outdoor discovery Core. Make sure your don’t run or yell!

**How to Play Four Square**

**By: Maddy**

**Your will need:**

**\* 1 ball**

**\* 4 squares**

**\* 4 or more friends**

**\* chalk**

**Steps:**

1. Write the number 1, 2, 3, 4 in each square.
2. Grab the ball and have **First Serve.**
3. **Rules:** you have to hit the ball **underhand;** you can’t hit it out of the square. It can’t bounce twice in your square and first in line calls who is out.

**Congratulations!** Now you know how to play Four Square.

**How to Play 4 Squares**

**By: Halton**

***You will Need:***

* ***A ball***
* ***8 Friends***

Steps:

1. Put one kid in each square.
2. Number one square serves behind the number on the square.
3. Start hitting the ball **underhand** however you want.
4. If the ball bounces 2 times in your square you are **out.**

**Now you can play 4-Square like everyone else!**